



## COVID-19 Patient Instructions After Testing

### WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

- Self-isolate to your home. If you live with others, self-isolate in a private room and use a private bathroom, if possible. Interact with others as little as possible.
- Wear a mask when you enter general living areas.
- Whoever else lives in your home should also stay at home.
- Make a list of close contacts from two days before you became sick until you self-isolated. Close contacts are those who have been within 6 feet of you.
- If you develop additional symptoms or if your symptoms get worse, notify your healthcare provider immediately for further instructions.

### WHAT SHOULD I DO IF I TEST POSITIVE?

- Notify your close contacts and let them know they should self-isolate at home for 14 days. This includes your family members and anyone who lives with you.
- Self-isolate in your home until each of the following conditions are met:
  1. It has been at least seven days since your symptoms first appeared **AND**
  2. It has been at least three days since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
- Practice social distancing for seven days since you last had symptoms.
  1. While you do not have to remain in isolation, you may not return to work until seven days after your symptoms have resolved.
- Continue to self-monitor for symptoms for fourteen days since you last had symptoms.
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.

### WHAT DO I DO IF MY TEST IS NEGATIVE?

- If your test is negative and you had **a known exposure** to a confirmed case, quarantine until 14 days after your exposure.
- If your test is negative and you had **no known exposure** to a confirmed case and you are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing.
- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory pathogen that is circulating in the community. Avoid work and group settings until three days after you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving.

### RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://DE.gov/Coronavirus).
- For information on the differences and requirements of Quarantine vs. Isolation, click [here for English](#) and click [here for Español](#).
- Help is available. Contact [Delaware 2-1-1](#) by calling 2-1-1 or TTY 7-1-1.



## Enstriksyon Apre Tès pou Pasyan COVID-19

### KI SA MWEN DWE FÈ PANDAN M AP TANN REZILTA MWEN?

- Izole-w nan kay ou. Si w ap viv ak lòt moun, izole tet ou nan yon chanm prive epi sèvi ak yon twalèt prive, si sa posib. Kominike avèk lòt moun mwens ke posib.
- Mete yon mask lè ou antre nan zòn kote tout ye oubyen itilize.
- Nenpòt moun ki rete nan kay ou dwe rete lakay, pa soti.
- Fè yon lis sere pou moun ou te an kontak pre avek yo de jou anvan ou te vin malad jiskaske ou te komanse izole tet ou. Kontak pre yo se moun ki te environ 6 pye ak ou.
- Si ou devlope lòt sentòm oswa si sentòm ou yo vin pi mal, fè doktè w la konnen imedyatman pou plis enstriksyon.

### KISA M DWE FÈ SI MWEN TESTE POZITIF?

- Notifye moun ki te an kontak pre avek ou yo epi fè yo konnen yo ta dwe izole pwòp tèt yo nan kay pou 14 jou. Sa se pou tout manm fanmi ou ak nenpòt ki moun ki abite avèk ou.
- Izole tet ou nan kay ou jiskaske chak nan kondisyon sa yo satisfè:
  1. Li te fe omwen sèt jou depi sentòm ou premye parèt **epi**
  2. Li te omwen twa jou depi ou pa te gen yon lafyèv (san w pa itilize medikaman pou diminye lafyev la) epi sentòm respirasyon ou yo amelyore (eg, tous, kout souf).
- Pratike distans sosyal pandan 7 jou depi ou te gen dènye sentòm ou.
- 1. Pandan ou pa oblige rete nan izolasyon, ou ka pa retounen nan travay jiska sèt jou apre sentòm ou yo rezoud.
  - Kontinye kontwole tèt ou pou sentòm pandan 14 jou, depi dènye ou te gen sentòm.
  - Si sentòm ou yo vin pi grav oswa si ou bezwen entène lopital, fe dokte ou konnen imedyatman epi swiv enstriksyon sou mete yon mask lè ou rive kote ou prale a.

### KISA MWEN FÈ SI TEST MWEN NEGATIF?

- Si tès ou a negatif epi ou te **vin ekspoze ak yon moun ki konfime**, karantèn jiska 14 jou apre ou te ekspoze.
- Si tès ou a negatif epi ou pat **ekspoze ak okenn moun** ki konfime epi ou pa senptomik (pa gen sentòm), ou ka sispann karantèn tèt. Kontinye pratike distans sosyal la.
- Si tès ou an negatif epi ou **pat ekspozisyon ak okenn** ki yon ka konfime, men ou **gen sentòm**, ou ka gen yon lòt patojèn respiratwa ki ap sikile nan kominote a. Evite travay ak gwoup anviwònan jouk twa jou apre ou pa gen yon lafyèv (san pa itilize medikaman pou diminye lafyèv la) ak sentòm respiratwa ou yo amelyore.

### RESOUS POU PLIS ENFMASYON

- Pou plis enfòmasyon, ale nan DE.gov/Coronavirus.
- Pou jwenn enfòmasyon sou diferans ak kondisyon karantèn kont izolasyon, klike isit la pou Angle epi klike isit la pou Español.
- Èd disponib. Kontakte Delaware 2-1-1 lè w rele 2-1-1 oswa TTY 7-1-1.